



Lele Makou No Na Puali **LIGHTNING ATTACK** ⚡

1-25th Newsletter ❖ An FRG Publication for Soldiers & Spouses

YOUR FRG NEWSLETTER

The purpose of your 1-25 Family Readiness Group newsletter is to pass along family support news and information related to the 1-25 mission. Your ideas and comments are always welcome. Please contact the Editor if you have an idea for an article or would like to contribute an article to the Lightning Attack newsletter.

The 1-25 Newsletter

PURPOSE: This newsletter is intended to provide the soldiers and family members of the 1-25th Aviation Regiment with general information, unit training and family support news. The information presented in this newsletter is true and correct to the best of our knowledge at the time of printing. The contents, views and opinions expressed in this newsletter are not necessarily those of the U.S. Government, Department of Defense or the Department of the Army.

The Commander's Corner

Aloha, and Lightning Attack.

We have been very busy since our last newsletter with several key milestones being met. First, the Transfer of Sovereignty and the establishment of the Interim Iraqi Government occurred on 28 June. For the first time since before the reign of Saddam, Iraq now has worldwide acceptance and influence and has already appointed ambassadors to many nations. This is no minor achievement and the battalion has played a vital role in maintaining a secure and stable environment to allow the transfer to go ahead of schedule. Rest assured that Iraq is getting better everyday, regardless of what media hype may be out there. The second milestone is the battalion has passed the halfway point of the deployment. Although these are both important points in time, we still have much work to do and will have to remain focused on mission accomplishment to complete our assigned tasks and bring everyone home safely. This undoubtedly will be the most difficult part of the deployment, both here and on the home front, yet I am certain our Soldiers will continue to maintain the same professional approach that has produced the phenomenal successes of the battalion so far.

Life on Camp Cooke continues to improve daily. We have finally moved all of the Soldiers into the much-awaited trailers. This was a long and arduous process, requiring thousands of sand bags to be filled and positioned to ensure adequate force protection measures are in place to protect our Soldiers. There have also been many improvements in the overall condition of the camp, new phone centers are now open, the chow hall has been remodeled and MWR facilities



are popping up around the camp almost weekly. It is amazing to see how much the camp has changed in such a short period of time. MG Olson, Commanding General, 25th ID had a great visit with the battalion a couple of weeks back and was amazed with the before and after photos we showed him on how much has been done to improve quality of life for the Soldiers.

The R&R program also continues to gain momentum. As of this letter, we have sent numerous Soldiers home on Environmental Leave and many Soldiers on a one-week pass to Qatar. The good news is we expect to continue to receive approximately the same number of EML slots and Qatar slots monthly. If this continues to hold true, we will be able to get all of the Soldiers some form of R&R leave, with most receiving EML and some receiving the Qatar pass program. This is no small feat, due to the limitations of leave allocations and the operational tempo required to support the mission we are here to accomplish. Once again, this speaks volumes as to the resourcefulness and dedication of your Soldiers. Even as we feel the effects of having a significant number of Soldiers out of theater participating in R&R, every Soldier has selflessly picked up the load and ensured mission accomplishment.

I must again take this opportunity to thank the families, Company FRG's, FRG leaders and our Rear Detachment, as you have done an outstanding job supporting our Soldiers. Your dedication allows all of us to remain mission focused and are every bit as critical to our success as what we are doing here on a daily basis.

Finally, I want you to know that you should be extremely proud of your Soldiers. They are making history daily and their sacrifice and that of you, the family member, has allowed millions of people to experience the hope of freedom and peace.

LIGHTNING ATTACK!
Strike 06



Chaplain's Column



Here we are over the half-way mark of this deployment. Hopefully the second half passes as quickly as the first. Probably now more than ever we have to fight against the "Ground Hog Day" syndrome and the com-placency that comes with that thinking.

The race is still on and the finish line is still ahead of us whether we are here in Iraq or back home in the rear. We need to persevere to the end not only for this deployment, but also in this life. Willie Shoemaker, a famous jockey, once lost a race because he thought he had won it. He mistook a marker for the finish line and stood up in the stirrups. The horse took this to mean the race was over and slowed down just enough for another horse to win the race (*Preaching, Jan/Feb 04*). The Apostle Paul didn't make this mistake. He wrote in Philippians 3:14, "I press on toward the goal for the prize of the upward call of God in Christ Jesus". He used the image of the games of ancient Greece to draw attention to the spiritual race that believers are in, and to keep pressing to the finish line.

Are you tired of running? Maybe you are not drawing on the right source. Try taking Isaiah 40:31 to heart, "...those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint".

Chaplain

How to Mail Expensive Items to Iraq



—APPROVED BY THE FT SHAFTER PAO

Mailing packages to your Soldier is not only costly at approximately \$2 a pound (depending on the class of mail used), it can also be risky depending on the contents enclosed. The US Post Service (USPS) requires all items weighing 16 ounces or more to have a Customs Declaration Form attached listing the contents. This declaration is a requirement of the host country (Iraq). To clear Customs, the contents must not include any prohibited items such as alcohol, pornography, pork or products with pork, fresh fruit, veggies, plants, and firearms.

HORROR COMICS (HC)

A prohibited item not previously known until now is the mailing of "horror comics." HC's use such themes as murder, disfigurement, and decay. Use common sense if mailing comics. It may be best to avoid mailing all comics due to their restrictive nature.

HIGH-DOLLAR ITEMS

Many Soldiers have asked for items of a high-dollar value to be mailed. Such items like DVD players, digital cameras, and laptop computers are at the top of the list. While many Soldiers have received their expensive packages without any problems, a few of our folks have had their items pilfered. While the USPS is aware of the problem and is working to resolve it, such an incident happened to Ms. Katie of the Desperados.

"On April 15th, I mailed my husband a new laptop computer. When the package arrived, the computer, the carrying case, and all the accessories had been stolen, and another Soldier's box had been stuffed inside to make the package feel heavy. The box had been cut open and re-taped, and there was no indication that it had been opened by customs. Thankfully, the package was insured, and my claim is now being processed by the USPS."

USE REGISTERED MAIL

Katie's box may have been targeted because of the required Customs Declaration which "advertised" its contents. The USPS suggests the use of Registered Mail (RM) with the available option of the GREEN Customs Form, PS Form 2976 when mailing expensive items to Iraq. On the back of the green customs form it says, "If you do not wish to list the contents on the wrapper or in any case if the value of the contents is \$400 or over, affix only the upper portion of this label and complete a PS Form 2976-A. Enclose the completed PS Form 2976-A [the large white customs form] inside the [item]." So in plain English,

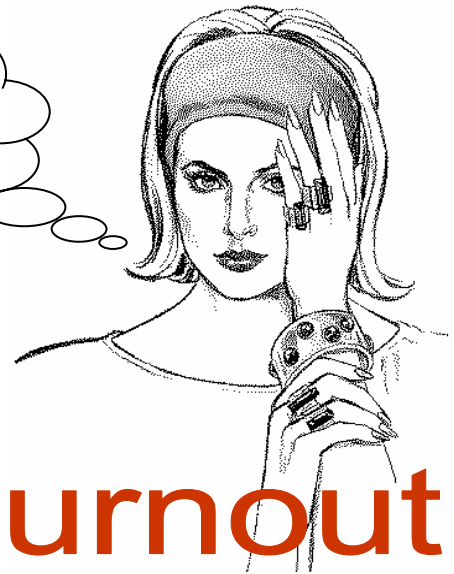
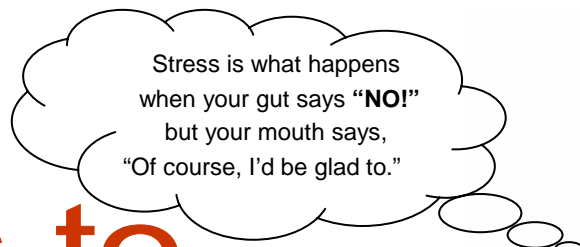
before sealing your package, go to the PO and get the large WHITE customs form (2976-A). Complete the form and tuck it inside and then seal your box. Items sent by RM must be completely wrapped in brown paper with brown paper tape. Take your package to the PO. They will have you complete and attach two forms to the package: the RM Form (PS Form 3806) and the green Customs Form, PS Form 2976. You may want to add PS Form 3811, Domestic Return Receipt to your box, where your Soldier must sign for the package and the form is returned to you. Realize it may take much longer to deliver a RM item. Once the RM item arrives in Iraq, the Customs Office WILL open it to review the white customs form. The contents listed will be verified, and the box will be re-sealed with orange customs tape.

BE SURE TO INSURE IT!

Katie adds, "Of course, you definitely want to still insure [it], as that is the only way to get reimbursed if something happens. Save all of your insurance and customs forms, and if the item is stolen or damaged have the Soldier keep the packaging if possible because the PO will want a description with the claim. Postal insurance claims take a lot of time and trouble, so it's best to do whatever you can to keep from having to file one."

SOLDIER SERVICE

An alternative to the USPS is to ask a Soldier who is returning to Iraq from R&R Leave to hand carry your item (like a laptop) to your Soldier. This would not only save you the postage and worry, it would go hand-to-hand from Soldier to Soldier. Only ask a mature Soldier who can be entrusted with this responsibility, and preferably someone within your company, and then e-mail your Soldier the details. □



Ways to Avoid Emotional Burnout!

—by MAJ Waits,
AVN BDE Behavioral Health Liaison

Americans have a tendency to drive their bodies the same way they drive their cars. They “fill up” with pop culture and adrenaline, race around town at breakneck speeds, and “refill” at the nearest Starbucks when their tank starts running low. However, there are some important differences between cars and people. Cars are expendable. They have a lifetime expectancy of only ten to twenty years and can easily be exchanged for a newer model. People, on the other hand, are not expendable. They are capable of accomplishing much more than cars, but they also require “down time” and tender loving care to prevent early burnout. How do you keep yourself physically and mentally maintained? How do your leaders take care of themselves? The answers may be different for everyone, but take the time to think about it and make some positive changes may be the key to a more relaxing and rewarding life.

Whenever I think about burnout, the image that comes to mind is that video the airlines always show at the start of a flight—the

part where they tell you to make sure you put on your own oxygen mask before helping a child with his or hers. You must take care of yourself before you can take care of anyone else. I think most people know this in their hearts, but putting it into action often seems difficult, if not impossible. What are the excuses that people use? I can think of a few: “I don’t have enough time;” “I’ve tried all of those ideas and they don’t work;” “I don’t have anyone depending on me, so I have no reason to take it easy on myself;” “I need to be there for my [kids/spouse/friends/pets/etc.],” and of course, the Army’s infamous, “Suck it up and drive on!”

A key thing to remember is even if you don’t have any major problems in your life right now, you *might* have them in the near future. Who can predict a car breakdown? A tropical storm? A financial emergency? Now is the time to prepare while all is well.

Keep yourself rested and recharged for whatever you may have to face next with *proactive* choices. Make a conscious decision to create some changes in your life. They will not come about automatically, and you cannot expect someone else to come along and make the changes for you. Rick Foster and Greg Hicks, in their book How

We Choose to be Happy, found that two critical themes emerged from their discussions with happy people. First, *happiness comes from within*, and second, *you have the power to create your own happiness*.

The tips below reflect some ideas on how to avoid emotional burnout or, said another way, to become the healthiest, happiest person you can possibly be—even during this deployment.

- ★ **Be optimistic.** Make a conscious effort to find some kind of purpose or benefit in every frustrating event.
- ★ **Prioritize.** Make a daily list of things you absolutely must do, versus the things that can wait until tomorrow.
- ★ **Ask for help.** Even if you don’t think you need it, accept offers of help from others. Both you and your helper(s) will be uplifted.
- ★ **Be appreciative.** We are rich in freedom and goods.
- ★ **Keep your cool.** When you find yourself starting to feel anxious or angry, ask yourself: ‘What good will getting upset do?’ ‘Are the consequences worth it?’

- ★ **Keep in touch with people.** Schedule time each day to make and return e-mails, phone calls, and letters.
- ★ **Seek out social activities.** Even when you're not feeling sociable, human interaction will help you feel better and will help pass the time.
- ★ **Take classes!** Each Thursday night, ACS hosts the 'Spouses Night Out' program. Classes range from scrapbooking to computer web pages to finances for women. Check out MWR too! And look at classes offered by the local community college as well.
- ★ **Volunteer.** Contact the ACS Installation Volunteer Coordinator at 655.2398. Start with something simple. If you like it, you can invest more time. If not, you can feel good about the time you did invest and look elsewhere for other activities you may enjoy.
- ★ **Pamper yourself.** You don't even need money—watching a nice sunset at the beach can be very refreshing.
- ★ **Exercise.** A simple 10-minute walk to a rough-water swim can help you feel better.
- ★ **Look for ways to improve yourself.** Accept feedback from others with an open mind and think about how you can better yourself.
- ★ **Remember the basics:** Eat right. Get enough sleep. Talk to friends.
- ★ **Get involved in the FRG!** They need YOU! The more input, the better the FRG. And you can make new friends—friends who are trying to do their best during this deployment too.

Stress Quiz

Rate yourself as to how you typically react in each of the situations listed below. There are no right or wrong answers.



- 4 = Always
3 = Frequently
2 = Sometimes
1 = Never

Enter a number for each of the 20 questions. When you complete the questionnaire, total number your score. An answer key is provided below.

- ___ Do you try to do as much as possible in the least amount of time?
- ___ Do you become impatient with delays or interruptions?
- ___ Do you always have to win at games to enjoy yourself?
- ___ Do you find yourself speeding up the car to beat the red light?
- ___ Are you unlikely to ask or indicate you need help with a problem?
- ___ Do you constantly seek the respect and admiration of others?
- ___ Are you overly critical of the way others do their work?
- ___ Do you have the habit of looking at your watch or clock often?
- ___ Do you constantly strive to better your position and achievements?
- ___ Do you spread yourself "too thin" in terms of your time?
- ___ Do you have the habit of doing more than one thing at a time?
- ___ Do you frequently get angry or irritable?
- ___ Do you have little time for hobbies or time by yourself?
- ___ Do you have a tendency to talk quickly or hasten conversations?
- ___ Do you consider yourself hard-driving?
- ___ Do your friends or relatives consider you hard-driving?
- ___ Do you have a tendency to get involved in multiple projects?
- ___ Do you have a lot of deadlines in your work?
- ___ Do you feel vaguely guilty if you relax and do nothing but leisure?
- ___ Do you take on too many responsibilities?

___ TOTAL SCORE

Answer Key:

- ★ If your score is **between 20 and 30**, chances are you are non-productive or your life lacks stimulation.
- ★ A score **between 31 and 50** designates a good balance in your ability to handle and control stress.
- ★ If you tallied up a score ranging **between 51 and 60**, your stress level is marginal and you are bordering on being excessively tense.
- ★ If your total number of points **exceeds 60**, you may be a candidate for heart disease.

COMPANY NEWS

HEADHUNTERS

Greetings and Aloha! If I were ever given the task of defining words like dedication, teamwork, or camaraderie or if someone asked me to explain sacrifice, selfless service, and commitment, this is what I would do: I would show that individual around this company and let them experience it for himself. When you walk among the Headhunters, you can feel those words come to life. You can see it in the faces of these Soldiers and you can see it in the results they produce. If you've ever wondered what it's like to be part of something bigger than yourself, then this is where you would turn.

We support the battalion by providing it with logistical resources, administrative actions, staff planning, as well as medical support, fuel and ammunition, and all of the ground vehicle maintenance. This is a large company, making up more than one-third of the battalion's strength. It is a company with a vital role in the success of this battalion in combat. Each and every day the Headhunters give everything they've got to the mission, and they ask for little in return.

It's been said that time heals all—in our case time is healing the living conditions here at Camp Cooke and it brings us closer to finishing our mission and coming home. In the last two months the company has fortified all of our living quarters and has subsequently moved in to them. They provide each Soldier more personal space and a much higher standard of living than we previously had. Shower and latrine facilities are closer and more abundant. The dining facility continues to expand its selection, variety, and quality of entrees, beverages, and desserts. The PX has expanded its selection, more phone centers and internet cafés are open, and morale events are becoming more frequent. The quality of life has come a long way compared to when we arrived here several months ago.

The hard work and dedication of the Headhunters is amazing. Each day I am impressed by their tremendous skill and dedication. I've said it many times and it still rings true every day—nothing in this battalion happens without them. I wouldn't trade this experience, this time with them, for anything—your Soldiers are an inspiration. It is their combined strength and skill that pushes this company and this battalion forward.

In the last two months we've had the opportunity to recognize some of them through promotion. These soldiers are truly deserving of the rank and I am proud to place it on their collars. Since our last newsletter we promoted 18 Soldiers: MAJ Suvak, CPT Campbell, 1LT Blanchard, 1LT Rock, SSG Salinas, SGT Edge, SGT Foutch, SGT Seymore, SPC Aycock, SPC Batista, SPC Heard, SPC Landers, SPC Lattero, SPC Malit, SPC Steckly, PFC Dorsey, PFC Kaiva, and PFC Yarbrough.

I would be remiss if I failed to mention our unsung heroes of this deployment—our family members and friends who support us at home. Your support is crucial to keeping the company focused and capable. There is no doubt that you are working as hard as we are to make this successful. I am as proud of the Headhunter family at home as I am of the Headhunters here. Your support through mail, care packages, phone conversations, emails, thoughts, and prayers shows your concern and caring for all of our well being. I cannot put into words how much those things help us each and every day and mean so much to us.

My sincere thanks goes out to each and every one of you for your continued support and hard work. We can have all the equipment and resources we want, but without the people and their families we can't accomplish anything.

1SG CATIGANO
Headhunters 7

DESPERADOS

We have made it approximately halfway through OIF-II and we continue to do great things on a daily basis. MWR has provided us a little escape from daily routine: concerts by a couple of bands and a talent show. July fourth was full of team activities—a litter carry race and tug-o-war. And life has improved with new living quarters and more food selections in the dining facilities.

Mahalo to the FRG spouses who prepared the individual care packages for each Soldier. This was a hit and the Soldiers were appreciative of the time and effort to assemble so many packages.

On 1 July, we promoted SPC Sharpe, SPC Reichard and SPC Parrish to SGT. SGT Edwards was promoted to SSG and PFC Shughart was promoted to SPC.

The Desperados have been dominating the NCO and Soldier of the Month (SOM) boards:

- ★ April: SOM: SPC Segrest
- ★ April: NCOM: SGT Gaither
- ★ May: SOM: SPC Hyche
- ★ May: NCOM: SGT Dawson
- ★ June: SOM: SPC Shelton
- ★ June: NCOM: SGT Williams
- ★ July: NCOQz; SGT Dawson

Environmental Leave (EML) is a great morale booster. We are working down the list and it looks as if more Soldiers will be able to take EML than first expected. We are growing together as a family here and know that you all are coping well with the deployment, yet if you need something, please ask. Your wellbeing is just as important to our mission success as the maintenance support the company is to the aircraft.
DESPERADOS!!

REGULATORS

Aloha from Iraq! This is my first letter to the FRG as the new Regulator 6, and I'd like to tell you how proud I am to be serving with your Soldiers. They are truly an outstanding group of Americans doing a fantastic job under difficult conditions. This month has been a busy one for the company, with both the heat and the pace increasing daily. Despite temperatures soaring above 120 degrees daily, all our officers and soldiers keep working above and beyond the standard, continually making a name for the Regulators throughout the division.

This month, the company had the pleasure of promoting SGT Anderson and SGT Kirkwood into the ranks of the non-commissioned officer corps. Please join me in sending them your congratulations. Soon after promotion, SGT Anderson moved to the Outlaws, to fill a vacant NCO position in their company. While I was sorry to see him leave, I know that he will do great things in there, and he will always be a part of the Regulator family. I would also like to welcome PFC Chauvette, from the Outlaws. Although he's only been with us a short time, he's already doing great things for the Regulators.

I'd like to say again how proud I am to be serving with all your loved ones. I could not have asked for a better company, or a harder-working group of professionals. Thank you for your care, your sacrifice, and your continued support of all our soldiers. Your continuous encouragement is a huge contribution to our mission here, and a vital part of our lives. Thanks again.

REGULATOR 6

GHOSTRIDERS

Aloha and Lightning Attack from the Warriors of the Pacific. I cannot express to you in words how proud I am of the men in this organization and the tremendous amount of work they are doing so that the company and the battalion can go out over the hostile skies of Baghdad and accomplish our mission each and every day.

Since our last communication we have been fortunate enough to promote two of the Ghostriders: PFC Cornine has been advanced to the rank of Specialist and our "wobbly wojg" Mr. Cunningham has been promoted to Chief Warrant Officer 2. Both promotions were much deserved. The company also has a local celebrity, with Mr. Sharp honored at a recent Texas Rangers' Major League Baseball Game. He was invited to throw out the first pitch to Texas Rangers' Manager at a game last month. What an honor, and there is no soldier in this organization more deserving of it than Mr. Sharp, who we continue to hold in our thoughts and prayers as he continues his recovery.

I want to let you all know that it is an honor to serve with your husbands, brothers and sons. I would not trade any of them. They are the finest group of professionals that I have ever had the pleasure of working with. To all the spouses and family members back at home, thank you so much for all of your support.

HOUKA!
LIGHTNING ATTACK!

OUTLAWS

Aloha from Camp Cooke,

Congratulations go out to several newly promoted Outlaws. After a long wait, the Army has finally promoted Wardrobe to the rank of Captain. CPT Wardrobe will be remaining with the company a while longer until he is called up to the battalion staff. The Army has similarly found Mr. Weisskopf fit for promotion to the rank of CW2.

I would like to welcome CW2 Lawson who has joined us from Fort Rucker. He is already up and flying and is proving he has what it takes to be in the Outlaw family. We also have welcomed a great NCO, SGT Anderson and his family to the Outlaws. He is a great addition to an already outstanding group of crew chiefs in the company.

Finally, farewell to PFC Chauvette. He's been transferred to the Regulators to fill a critical crew chief shortage there. We will all miss his dedication and outstanding work ethic, but know the Regulators will take great care of him.

As always, thank you for your continued support.

LIGHTNING ATTACK!
OUTLAW 6



Have a concern?
The 1-25 Aviation Rear Detachment Commander
stands ready to assistance you,
anytime, anywhere.
You can reach him 24/7.

OPERATION SHOE FLY



—BY A 1SG OF THE 25TH AVN REGT, WAAF
DEPLOYED TO AFGHANISTAN

We landed our big, bad, and beautiful Chinook helicopter in a tight landing zone to drop off supplies to the handful of

Soldiers who operate out of the remote base. They are always glad to hear the loud whup whup of the tandem rotor blades as the sound travels down the valley bouncing off the mountain walls until they see us crest a ridge inbound for landing. Also glad to see us are the hundreds of Afghani children from the adjoining village wearing huge smiles and waving frantically as they run towards the aircraft, stopping as the strong rotor wash hits their faces.

While the cargo was being unloaded... I walked over to a small group of kids and handed out some hard candies, much to their delight. Just as I was about to walk back to the helicopter I saw a little boy meanly grabbing candy out of the hand of a little girl whose blue eyes had sparkled as she smiled a "thank you" just moments before when I had placed the candy in her palm. Though she initially seemed sad, the light faded from her blue eyes, she quickly accepted the boy's dominance and walked away with the other children. This is a facet of the Afghan life and culture that we find hard to accept and patiently work to change for the future.

After the mission was complete and we were back at our home base, I mentioned what I had witnessed earlier regarding the little girl with the bright blue eyes and one of the crewchiefs said, "Top, you got to unwrap the candy first when you give it to the girls; that way, they can pop it in their mouth right away before the boys can get to it."

It seems my crewchiefs have already figured out a way to bring some joy, even if for only as long as it takes to eat a piece of candy, to the Afghani children, boys and girls alike. The conversation continued with concern for the children as Coalition forces fight to rid the Taliban and other enemies of Afghanistan while bringing stability to the region so as to allow democracy to flourish, there are the children, the children with no shoes on their feet.

Just about every flight crew member has noticed over the course of flying across this place...that a large percentage of the children have no shoes to wear and of course, almost all of the girls are shoeless.

So my esteemed friends, in the spirit of America, I announce the beginning of "Operation Shoe Fly" in an effort to shoe the children with no shoes on their feet. If you can collect the shoes, used or new, boys' and girls' (age 14 and under), and send them to me, my crewchiefs and I will fly them out to the Afghani kids who so *desperately* need them.

In addition to protecting the feet of these young innocent children, we might even win some hearts and minds among their parents and who knows where these shoes might take these kids. This place is on the dawn of a future, determining how bright it will be rests on the shoulders of these kids with no shoes on their feet. What say you?

**Please send your children's shoes to: OPERATION SHOE FLY;
B CO, 214TH AVIATION REGIMENT; APO AE 09354-9998.**

who knows

WHERE

THESE SHOES

MIGHT TAKE

THESE KIDS

We Fly For the Troops

—BY MS BECKY



Can you believe that we've completed six months of this year-long OIF-II deployment? For some, this is our first big deployment, and for all of us, we are experiencing both good and bad days. On the difficult days, we may wonder, "*What are they doing over there?*" While we know they have a mission to do, but we may question it on those days when we are really missing our beloved Solider and we're on frustration mode, not to mention the fact that the laundry is piled high, the tub is clogged, and the car has a flat.

Recently, I was at a friend's house and her neighbor was getting ready to return to Iraq, after being home briefly on R&R to see his firstborn baby for the first time. He chatted with me about what he had seen so far, and how things looked from his perspective. He asked if my spouse was there. "Yes, since January," I said. He asked which battalion and what we were doing there. I then remembered our battalion's Hawaiian motto, and said, "We fly for the Troops." He smiled saying, "Yes Madame, the helicopters are always above us and we know we're not alone."

On a daily basis, our soldiers do in fact, "fly for the troops." They are protecting our ground troops and completing various missions. Of course, the pilots cannot do it alone. Every soldier is needed—we need our crew chiefs, refuelers, Avionics and motor pool folks and a long list of other MOS', whom without, we'd go nowhere. On those difficult days, give some thought to our battalion's Hawaiian motto for encouragement. Each and every soldier is fulfilling this creed, each and every day by providing an invaluable service to our ground forces and the Iraqi citizens. □

FROM THE FRG

Aloha Friends!

It's summer time! There are so many great things to do in Hawaii. Hopefully you have been able to take advantage of these things. Summer is the perfect time to visit family on the Mainland or have them visit you too. I'm sure this has brought a smile to a lot of people and hopefully you have recharged. The summer seems to be passing quickly. Just think we have made it through 6 months of this deployment. Give yourself a pat on the back and a big hug. All of you have done a great job taking care of yourself, your family, and your deployed Soldier. Before we know it, they will be returning home. What a joyous exciting time this will be! All of us are looking forward to this day.

Preparation for a **BATTALION WELCOME HOME CELEBRATION** is in the early planning stages. Misty Watkins has graciously volunteered her time to check on the different places that can accommodate all of the Battalion and meet our needs. The goal is to put together a paper with 2-3 different options, varying from very casual to extremely nice and for this to be sent forward to the Soldiers. It is a party for the Soldiers therefore they will decide what kind of party they would like. Once this decision is made, we will start working vigorously to make it happen and we will have a financial goal to achieve. It would be great if everyone could help and support this goal in what ever way is best for you. There will be a lot that will need to be done. Whether you are here on Island or on the Mainland, your help would be appreciated. Teamwork is what will make it happen. It takes **everyone** to complete a successful mission or goal.

Fundraising has been started since 1-25 deployed and it has been and will be done within the guidelines that were put out by Division. Spouses are really being creative and have really stepped up to the plate to help out. If any of you have ideas or would like to do something specific, please let your FRG Leader know.

NEXT FRG MEETING: THURSDAY, 19 AUGUST at 6:00 P.M.

Our next Battalion FRG Meeting will be Thursday, August 19th at the Wheeler Chapel Annex at 6:00 p.m. The agenda will be the following: a slide show, quick answer/question session, briefly discuss the Welcome Home Celebration, and BUNCO will be played. We will make sure we get to BUNCO this time. We have great prizes so please put this date on your calendar. It'll be informative without being overwhelming and fun!! Hope to see all of you there.

Thank you for all you are doing!
You all are a blessing.

KITCHEN 06



YELLOW RIBBON BALL THANK YOU NOTES

- ★ Many of the spouses who attended the "Yellow Ribbon Army Ball" have inquired as to whom they might write a thank you for the sponsorship of this wonderful event. Only positive comments have been expressed about the ball, and although our loved ones are far away, all in attendance seemed to thoroughly enjoy the evening and the spirit it was celebrated. If you would like to send a thank you note, please send your remarks to:
State President
Association of the US Army
95-1094 Leolani Street
Mililani, HI 96789

YELLOW RIBBONS ON POVS

- ★ The POV Yellow Ribbon magnets express very tender messages from "Support Our Troops" to "Keep my Daddy/Mommy Safe" to "Half my heart is in Iraq." However, they may inadvertently target you as a spouse who is alone. Realize your POV already has a military sticker identifying you as a military family. The magnets that expressly name "Mommy" or "Daddy" as being deployed may be best placed on your frig at home, instead of your POV. Let's be careful what we advertise. Use some common sense and let's keep ALL our families safe. □

USE THE RIGHT MAILING ADDRESS

Please be advised when mailing packages or letters to our Soldiers who are deployed, do not use the deployed countries name anywhere in the address. When countries names are used in the mailing addresses the mail is routed through international mail channels.

There is evidence that packages routed through the international mail have been rifled through. All packages that are rifled through are re-sealed and sent to the Soldier with a note regarding this issue. The name (no rank) of Soldier, unit information, and APO zip code is sufficient to ensure mail arrives to its intended destination. Use the right address:

Soldier's Name (NO RANK)
 ____ Company, 1-25 AVN REGT
 APO AE 09313.

The Miscellaneous Minutes

In accordance with directives issued by the Department of Defense, the 25th Infantry Division is implementing the appropriate measures to safeguard our soldiers, civilians, and family members. Updated information can be found on HACNTV2 and on the 25th Infantry Division website:

www.25idl.army.mil/

This Family Readiness Group (FRG) Newsletter contains official information and complies with the provisions of AR 360-81 and AR 25-51 for the dissemination of FRG Newsletters.

JULY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



LIGHTNING ATTACK

1ST BATTALION, 25TH AVIATION NEWSLETTER
 25TH INFANTRY DIVISION
 HAWAII

AUGUST 2004